



The little book of
LONGEVITY

Life. **Upgraded.**

 Longevity Box



Who Are We?

Hi! We're **Caroline** and **Max** the co-founders of Longevity Box.

With two young boys, we've tried to focus on healthy family life in all its forms!

We came across the science of longevity almost 10 years ago and were stunned by the effects that key ingredient supplements could deliver in supporting healthier longer lives.

But we also recognised a problem. Little was known about longevity supplements and the market was limited and expensive.

So we decided to set up Longevity Box! We're committed to giving our customers safe and affordable supplements as well as information and insights and over time introduce ever more products - to help people live a longer, healthier life.

We love what we do and we hope you enjoy exploring our products. We want to help everyone, including our young family, live long and prosper!

Why We've Created This Book?

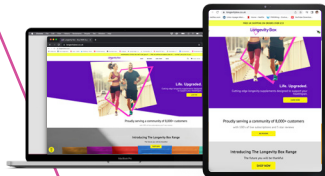
The Little Book of Longevity is our way to start a conversation and spotlight a key question. **How can we live longer with good health?**

None of us can avoid getting older but we can choose how well we age. And by taking positive steps to age well, we can influence how long we live.

In this book, we share tips, product insights and even advice and inspiration from our own valued customers too.

We shine a light on some amazing entrepreneurs who are innovating and inventing to help humans live with better health span.

If you're interested to find out more - just check out our website here
www.longevitybox.co.uk



Did you know?

30% of people born now will live to be more than 100 years old

Global lifespan is increasing by an average 6 hours per day

Women outlive men in 125 countries worldwide

People are living longer but 20% of that extra time is not in good health

People in Japan and Singapore have the highest life expectancy overall

Feeling happy can significantly increase your longevity. Happier individuals have a 3.7% reduction in early death over a 5-year study period

As few as 15 minutes of exercise per day may help you achieve many healthy benefits, which could include an additional 3 years of life

What's Longevity & Why It's Important

If you live beyond the average life expectancy of 80 years old in good health, you could be described as having longevity. Longevity is a combination of your health span and what's known as life span.

Healthspan and Life Span

There is a big difference between life span and health span. Lifespan is how many years a person lives whilst a health span is about the quality of those lived years.

Life expectancy across the world has been increasing for the past 200 years. Some of the reasons include improvements in sanitation, housing and education - and of course the development of new medicine and vaccines.

Whilst improvements in our overall living standards and life expectancy is good news, it doesn't mean we are all going to live a healthy longer life. And that's one of the biggest challenges facing humanity right now.

A long life doesn't mean a healthy life

According to a report from Aging Better UK, how and even where we live affects our ageing experience. In fact, if we do nothing, the chances of living a longer life with a good health span reduces significantly. Living a prolonged life with poor health has to be the worst outcome for any of us right?

So what's to be done?

Well, of course, we can't avoid getting older, but we can choose how well we age. And in taking positive steps to age well, we can influence how long we live.

Most health experts tell us about the top 5 requirements for living a longer healthy life. Good nutrition, regular exercise, sleep, positive mental health and staying connected. In essence, a balance between our mental wellbeing and physical health.

Increasingly, evidence shows that what we consume and our gut health is fundamental in reducing poor health. Balancing blood sugar and reducing inflammation are also paramount to a healthy life and eating more plant-based foods, healthy fats and less calories can all help. By making educated food choices, we can stay active and live our lives to the fullest.

But it's not easy to get the right nutritional volume from your diet and this is why we launched Longevity Box. Our supplements provide all the nutrients you need without the stress of eating right every day.

How can supplements benefit longevity?

In a nutshell, supplements can help slow cellular degeneration in our body by replacing naturally occurring building blocks that help support better ageing.

For example, NAD+ is the body's most vital molecule for longevity. In fact, your brain, muscles, heart and every organ in your body relies on NAD+ for peak performance.

Scientific studies have established NMN supplements as an important way to activate the longevity pathways and restore NAD+ levels to a youthful level. NMN sublingual powder has proven to be a powerful way of boosting metabolism and repairing damaged DNA.

And maybe you've heard of Spermidine? An organic compound that is fundamental for the regeneration of tissues and the growth of cells. Whilst Spermidine reduces naturally with age a one gram serving of a Spermidine supplement can have between 4 and 40 times more of the active ingredient than other food sources.

At Longevity Box, we're proud to offer a range of supplements that can help optimise health now and in the future. Find out more about our range and their wide spectrum benefits for better ageing and longevity.

www.longevitybox.co.uk

Meet the long life innovators

We love to spotlight colleagues making waves in longevity. There's huge and exciting innovation taking place right now and here we share just a few of the change-makers we admire



"The root cause of declining health, aging and poor recovery is the deprivation of nature's energies, causing diminished cellular function"

Founder, Jim Law invented the BioCharger - the only health optimisation platform that combines and amplifies healing energies to improve cellular function.



Tina Woods is a mission-driven social entrepreneur, bringing diverse stakeholders together to improve and level up health.

She is Founder and CEO of Collider Health working with organisations in private, public and third sectors to accelerate innovation and transform health with sustainable impact.



MyoMaster was created with one goal: to revolutionize recovery. It's all based on a radical idea. Recovery has the power to transform health and physical performance.

MyoMaster recovery devices have been embraced by thousands of customers worldwide.



Claudia von Boeselager is on a path to help one billion people optimise their lives so they can make a positive impact on the world. She is a successful serial entrepreneur, performance coach and founder of the Longevity & Lifestyle Podcast.

The podcast shares groundbreaking strategies, tools, and practices for your longevity and lifestyle.



ZOE is a nutritional science start-up committed to help people understand their unique biology.

Through at home test kits and personalised nutritional programmes, as well as a large scale human study, Zoe is driven to deepen understanding of the microbiome, nutrition, sleep and exercise and other factors to improve long-term health and bring science to everybody.

The Science Behind Our Supplements

Research shows that whilst healthy food such as fruit and vegetables contain the right nutritional elements for healthy aging, it's not easy to get the right volume from your diet alone. Our supplements provide all the nutrients you need helping to super charge natural processes within the body.



NMN & NR

NAD+ is the body's vital molecule for longevity. Scientific studies have established that NMN & NR supplements offer an important way to activate and restore NAD+ levels to a youthful level.

TRANS RESVERATROL

Resveratrol is part of a group of compounds called polyphenols. They're thought to act like antioxidants, protecting the body against damage that can put you at higher risk for things like cancer and heart disease.



MAGNESIUM



Despite being found in many of the foods we eat, most people don't consume enough magnesium. This mineral contributes to our energy, nerve and muscle function as well as the maintenance of bones and teeth. Our unique supplement formula combines 8 impactful magnesium variants.

MET4MIN

Sustaining healthy blood sugar is vital in helping us feel energetic and mentally alert. Key to sustaining healthy blood sugar is Insulin. But for things to work smoothly, your cells must be receptive to glucose. Met4Min features four key ingredients scientifically proven to optimise insulin performance and the in-flow of glucose.



SPERMIDINE



Here's an organic compound that's fundamental to the regeneration of tissues and cell growth. Spermidine reduces naturally with age but a one gram serving of a Spermidine supplement can have between 4 and 40 times more of the active ingredient than other food sources.



TMG

TMG supports the methylation process because NMN's natural methylation of NAM depletes our methyl pool (and TMG replates/protects against this depletion).

CALCIUM ALPHA-KETOGLUTURATE

(Ca-AGK) is a compound created naturally in the body but diminishes as we age. AKG blood levels can drop by a factor of ten between the ages of 40 and 80 and supplements help replenish and amplify cellular health.



APIGENIN

Apigenin has been found to possess numerous potential health-related benefits including supporting prostate health, promoting glucose metabolism and anti-inflammatory abilities. Apigenin is also good for sleep :)



What our customers tell us?



"I have to say CA-AKG is a brilliant supplement: I feel more energetic, my metabolic markers are much better, my skin / hair / nails are more radiant and in better shape with some medical journals attributing that to stem cell growth and collagen synthesis. Do your research and invest in your health-span". **Sujal K**



I did a lot of research on NMN before deciding on this product from Longevity Box. It ticked all the boxes which I was looking for and found their prices to be competitive. Fast delivery. No fuss. I knew that I would experience a rise in energy levels using this supplement - which I am, however I was not expecting an increased libido to go with it. I noticed this within a week of taking the powdered supplement. Dissolving under the tongue and without water. I am so very happy with this product and will continue to make this part of my life for here on out. (I have since checked out that an increased libido has been reported by many people who regularly take this product). Win win! **Bruce J**



I ordered Apigenin after hearing Andrew Huberman, a professor of neurobiology talking on the science & practice of sleep. He mentioned he takes pure apigenin powder. I did some research and chose Longevitybox to order it from. Fantastic company, fantastic customer service. This product has made such a huge difference to my chronic insomnia. Beginning to feel more alive, & people are commenting I look well. **Shirley J**



The energy release from this product is Amazing! I am 50 years old and I used to feel tired all the time. With this product I am able to have a much more productive day! **Hiren V**

Tips To Live a Longer Healthy Life

There are many things we can do to live a healthy long life. And most are easy adoptions. Health experts tell us about the 5 top requirements for healthy living. Good nutrition, regular exercise, sleep, positive mental health and staying connected. In essence, a balance between our mental wellbeing and physical health.



Eat Well

What you eat affects how well you age. Unhealthy foods can trigger blood sugar highs and lows, weight gain and inflammation. This isn't a problem short-term. But when we eat these foods all the time, it can damage our bodies and lead to type 2 diabetes, heart disease and obesity.

Research shows that people who live longer tend to consume less calories and eat more whole grains, vegetables, fruits, nuts and even coffee!



Mind and Meditation

Although stress and anxiety are natural responses to life's challenges and our capability to recover from physical health conditions. There are a range of free online resources to support positive mental health, many that signpost meditation. Through meditation, you are essentially deactivating your sympathetic nervous system and studies have found that over time this practice can help reduce pain, depression, stress and anxiety.



Super Sleep

Various processes are at work when we sleep that help everything from our cardiovascular system to brain function. Finding the sweet spot where we're getting just the right amount of sleep can contribute to a long and healthy life. Side effects of sleep deprivation can include obesity, diabetes, heart disease and increased risk of developing some types of cancer.



Keep Active

Physical activity reduces many major mortality risk factors by about 30% including arterial hypertension, diabetes type 2, coronary heart disease, stroke and cancer. Aim for 30 minutes per day and mix up what you do with goals to maximise motivation!



Create Connection

If the pandemic taught us anything, human connection is a vital part of positive living. Being alone and feeling alone are not the same thing, the effect on longevity is similar, increasing mortality risk by 30%. Whether nurturing friends and family or sharing hobbies and passions - maintain those connections for a healthy life.

Find Out More...

If we've inspired you to find out more about human longevity, there are many experts, podcasts, books and platforms available to explore.

Here's a few of our favourites to get you started and find out more from our website blog [here](#)

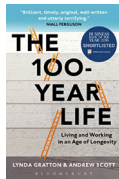


Dr. David Sinclair is a world leader in longevity, giving health enthusiasts worldwide tools to combat illnesses and slow aging.

His best selling book *LifeSpan: Why We Age and Why We Don't Have to* is a highly recommended read.

Dave Asprey, is known as "the father of biohacking" and the author of *The Bulletproof Diet*.

His *Human Upgrade* podcast series aims to elevate what people knew about the capabilities of mind and body.



Drawing on the unique pairing of their experience in psychology and economics, Lynda Gratton and Andrew Scott offer a broad-ranging analysis as well as a raft of solutions, showing how to rethink your finances, your education, your career and your relationships and create a fulfilling 100-year life.

Our special offer

We hope you enjoyed our first ever Little Book of Longevity.

To celebrate, we want to offer you something special!

20% off your next
order with code
LittleBook20

We help you enjoy our products and
we welcome your feedback!

Caroline and Max :)

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Box**

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 LongevityBox.co.uk